

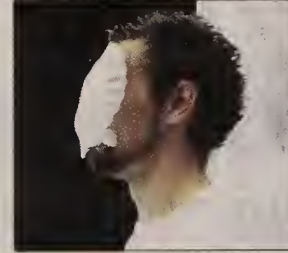


Delight in wine country

Enjoy a tour of a Niagara winery famous for icewine. Page 7

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



He's no cream puff

Students and faculty step up for prostate research. Page 6

MONDAY, NOVEMBER 14, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

43RD YEAR — NO. 24

It's time to get jabbed

By DEVON SMITH

Don't get caught without your shot.

With flu season coming up fast, Conestoga's Health Services department is offering free flu clinics to help keep students in school and out of bed.

The clinics have been taking place over the past two weeks at the Waterloo, Cambridge and Doon campuses.

Though the clinics are run by Health Services, it's Conestoga's nursing students who are wielding the needles. Select students from both the practical nursing program and the BScN degree program are giving the shots.

Second-year practical nursing student Shella Sheldrick was grateful for the experience. "It's kind of nice to practise on a real person," she said.

For someone who is not a fan of needles, it might not be all that comforting to hear that they are being "practised" on. But those attending the clinic on Nov. 4 had very few complaints.

In fact, even those who were nervous about getting pricked found that the nursing stu-

dents had steady hands and a soft touch. Some didn't even feel a thing ... really.

Teresa Mcquillin is a health promotion nurse who works for Health Services and has been running the flu clinics on Doon campus. Mcquillin thinks it's important for students to get the vaccine.

"It can take you out for a week or more if you get the real flu and, as a student, being sick for a week would be almost devastating," she said. "So to have a sore arm, maybe, for a day or so, is nothing in comparison to getting the actual flu."

Mcquillin is glad that students have flu clinics available to them on campus.

"It's more accessible and the likeliness of getting the shot is much higher," she said. "They can come, get their shot and go back to class or go back to work."

Graham Moore did just that. The fourth-year mechanical systems engineering student, said, "I'm getting the shot so that hopefully I'll stay well during exam time, that kind of stuff, and keep my edge."

Mcquillin has been running the flu clinics for a few years now and says there are nor-



PHOTO BY DEVON SMITH

Olivia Barber, a first-year marketing student, was apprehensive about getting her flu shot at the flu clinic at Doon Nov. 4. Another clinic is being held today, and again on Nov. 22.

mally about 500 to 1,000 students who get the shot. With the additional clinic on the Cambridge campus this year, she is hoping for an even better turnout.

For those who want their

shot but haven't been able to make it out, it's not too late.

There will be clinics at Doon campus today from noon until 4 p.m., and on Nov. 22 from 10:30 a.m. to 1:30 p.m., both in Room 2E04.

There will also be a clinic on the Cambridge campus on Nov. 29 from 11 a.m. to 1:30 p.m., in Room A3131, and one on the Guelph campus on Nov. 28, from 11 a.m. to 1:30 p.m., in Room C-6.

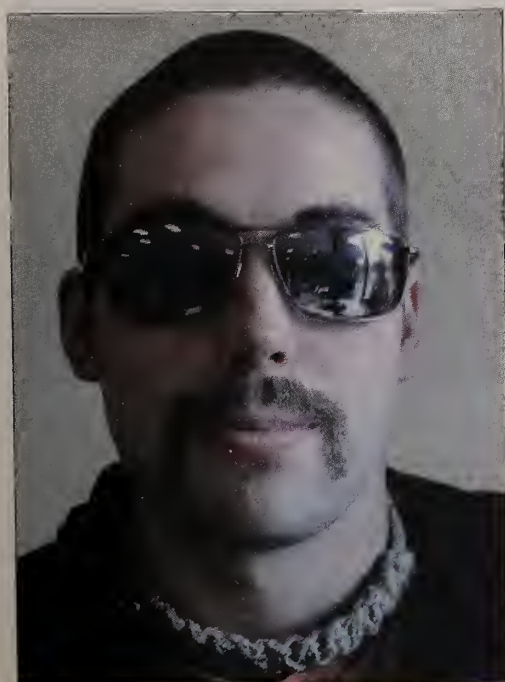


PHOTO BY JAMES WITCZAK

Confident, sexy and cool. These are the words to describe Conestoga student Bron Ostic's manly moustache, grown for Movember.

Mo money, mo awareness

By JAMES WITCZAK

Movember is in full swing at Conestoga with even CSI staff getting into the act. They have placed posters all over the campus showing off their awesome staches to encourage students to grow theirs.

For those who don't know what Movember is, it's a month-long campaign for men to grow moustaches in order to spread awareness and raise money for prostate cancer. The "Mo Bros" had to shave off all facial hair on Oct. 31 and vow not to shave their moustaches until December.

Conestoga is currently represented by 13 individuals on the official Movember website who got off to a great start, raising \$199 in one week. CSI is also doing a weekly moustache progress contest where they select the best moustache each

week and award some "Mo-Swag."

You don't have to join the website in order to take part; just having a moustache for this month is enough to raise awareness about a subject most men don't like to talk about.

Everyone looks like the Village People.

— Bron Ostic, an electrical apprenticeship student

"I'm trying to raise money for prostate cancer," said Bron Ostic, an electrical apprenticeship student, who's already got his stache

in full bloom, adding that "everyone looks like the Village People."

Mike McGuire, a fellow electrical apprenticeship student and Movember member, added that those who are attempting to grow moustaches are trying to bring back the '80s.

In 2010 alone, \$22.3 million was raised by nearly 119,000 Canadians.

For more information about Movember or if you wish to donate, go to ca.movember.com and search Conestoga College to give to your fellow classmates. A donation of \$10 will get you a free Movember shirt.

Of course, one big concern for the men who take part in Movember is the fact that many members of the opposite sex hate moustaches. However, Ostic is OK because, as he said with a smile as wide as his moustache, "my girlfriend doesn't seem to mind it."

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could be any Pokemon,
which would you be and why?



"Pikachu because he's pretty freaking awesome."

Vinay Kohli,
third-year
accounting, audit and
information technology

"Mewtwo because he's got really powerful psychic powers and he's a badass."

Bridget Parker,
first-year
videography – broadcast
journalism/documentary

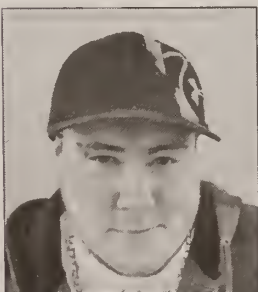


"Geodude because I'm rock solid."

Rob Campbell,
first-year
broadcast – television

"Jolteon just because it's my favourite and it has a wicked bad attitude."

Necol Proulx,
second-year
biotechnology
technician



"Mewtwo so I can control everything – the world."

Kyle Fairney,
first-year
broadcast – radio

"Charmander because it's been my nickname for all of high school."

Charlotte Huryk,
second-year
biotechnology
technician



Smile Conestoga, you could be our next respondent!

Here's how to save some extra cash

By SARAH SHAW

Late November not only leaves the trees bare, but students wallets as well.

The month before winter break can be difficult for Conestoga attendees. Long hours spent studying for exams and the extra time needed for big projects can take up a lot of one's schedule. Now is the time students crave a distraction most, even if it is just for one night.

But wait, these things cost money.

All students have experienced the stress of having to pay bills, social life expenses and tuition as well as trying to find money for Christmas presents.

"Around this time of the semester there are more opportunities to do things outside of school that cost money," said first-year police foundations student Jake Bulley.

Ryan Drury, a first-year television broadcasting student, also feels the pressure.

"I feel slightly stressed around holidays just to make sure I have shopping done before exams because then I can focus my money toward getting school done more than getting gifts," he said.

However, there are many easy ways to save in order to have some extra cash before heading home the third week of December.

Entertainment — Many hot spots in the Kitchener-Waterloo area offer great deals on select days. Empire Theaters is currently offering a university and college student combo. All you have to do is show your valid student ID, and you get your movie admission, regular popcorn and regular fountain beverage for 33 per cent less than the regular cost. If you plan on going with a friend who isn't a student, they offer regular priced admission for only

\$5.50 on Tuesdays.

Cutting out excess partying might be another way to save for many students.

"To save money for Christmas gifts for the family, what we could do is cut down a little on drinking and going out," Bulley said, "which is easier than it sounds with all the tests around this time of year."

If that doesn't fit your social lifestyle there are other options.

Many bars and nightclubs offer cheap drinks on specific nights such as Thursdays and Sundays where you can purchase a beverage for almost half the normal price or score discounted appetizers when ordering after a certain time. To find out where you can save money specifically, call your favourite party zone and ask them what types of deals they offer.

Banking — Saving money through spending isn't something people often hear about, but simply by changing the way you bank, you could start saving without even knowing it.

TD Canada Trust offers a "Simply Save" account that transfers a set amount of money from your chequing account to a savings account when you use your TD

Canada Trust Access Card. You can choose amounts ranging from 50 cents to \$5.

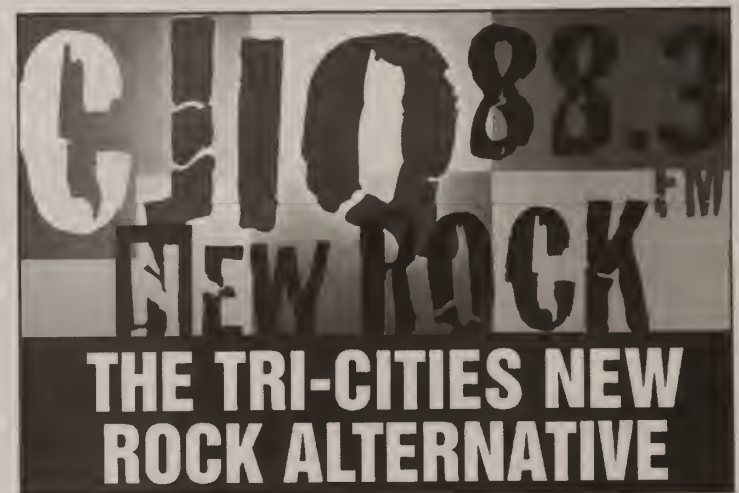
Whether buying groceries or paying a bill, saving becomes easy, without even thinking about it.

Transportation — Driving isn't always the most fun, especially when you're forced to pay insurance, gas and parking. However, there are great options to help keep a little more money in your wallet.

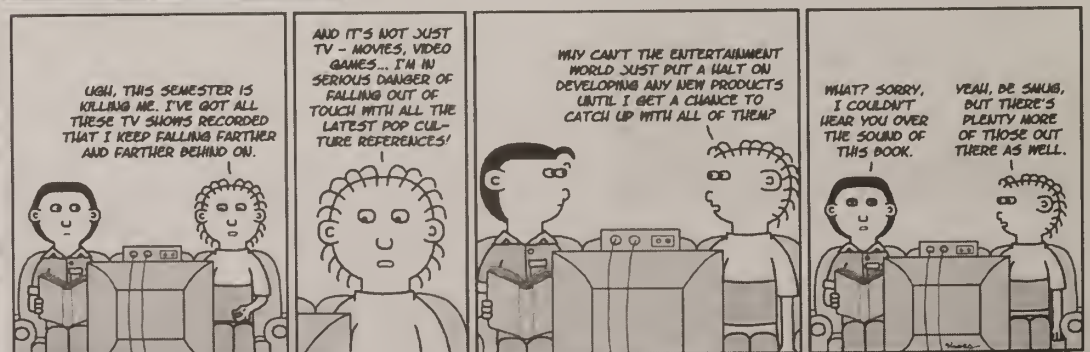
Co-ordinating with classmates in your area in order to come up with a car pool schedule can save tons of money on gas for everyone involved.

Grand River Transit is also a great way to avoid some costs and offers a way to get in an extra bit of studying before class. For the cost of a cup of coffee (\$2.50 to be exact) students can hop on the bus to get to campus. While it may not fit your schedule every day, using it once in a while can save money that is normally spent on parking and gas if living in the KW area.

With these little tricks and tweaks to one's schedule, students can see big savings not just before the holidays, but also throughout the whole year.



LAST-DITCH EFFORT



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Academic upgrading changing her life

By KAREN HAYNES

It is that time of year again. Future college students are attending college fairs and filling out college application forms.

Generally, every student appears the same. Each one is giddy with the anticipation of moving out of mom and dad's, attending the infamous college parties and hopefully meeting someone special.

The future seems bright and full of opportunities.

However, every student travels a unique path leading to the start of their college career.

For many, the journey starts before they walk through the doors of Conestoga College as a registered full- or part-time student.

Conestoga College's Stratford campus offers students who have not graduated from high school, are older than 18 and have been out of school for a minimum of one year an academic future, free of charge.

Literacy and basic skills (LBS) programs, which include the GED certificate and academic upgrading, have been funded by the Ontario government and are free to those attending, said Mary-Anne Sullivan, preparatory programs coordinator at Conestoga's Stratford campus.

"A lot of people stay away or don't come because they don't understand it. You don't have to pay, it's free," Sullivan said.

For many, the opportunity



PHOTO BY KAREN HAYNES

Jaclyn Poulsen, 23, studies at Conestoga College's Stratford campus. Poulsen earned her general education development certificate and is now working to complete academic upgrading courses in preparation for a general health program at the college's Doon campus starting in January.

to earn a General Education Development (GED) certificate, which is equivalent to a high school diploma, and complete academic upgrading as college preparation is the light at the start of the tunnel.

Many students have been out of the classroom environment for a long time and feel apprehensive at the beginning, she said.

"There's a bit of trepidation at first because of what they're taking on.

"They have to get their GED to get a job and there are many hurdles an adult learn-

er must overcome."

The majority of students completing their GED certificate are males between 25 and 44, according to the 2009-2010 literacy service plan report released by Employment Ontario.

Sullivan said while some struggle to balance their academic studies, family life and other responsibilities she works to help students reach their goal.

The teachers work closely with each student to develop a plan that meets their individual needs, she said.

"We help them stick to it and maintain it."

The adult learning environment is much different than what many prospective students might envision, said 23-year-old Jaclyn Poulsen, an academic upgrading student at Conestoga's Stratford campus.

Since students have an individualized academic plan and differing personal schedules the classroom sizes vary each day, she said. Teachers do not lecture from a whiteboard, instead students work and learn independently, she added.

Poulsen earned her GED certificate at the college's Stratford campus after leaving high school around age 16.

Using drugs and spending six years in a destructive relationship kept her from putting herself, her family and her commitments first, she said.

"If I hadn't started coming here I would probably still be using drugs every day, not waking up for important things ... I probably would if I hadn't seen the light."

With her GED certificate in her academic tool belt, Poulsen looks to her future.

"I would love to have a job where I love going to work every day. And with school I'm working towards my goal."

Accepted to Conestoga's general health option, beginning in January 2012, Poulsen is completing academic upgrading in Stratford to better prepare herself for future college courses, she said.

"It's a gateway program to help me get my foot in the door."

With Conestoga's nursing program as her ultimate goal, she said she will be the first of her family to attend college. "I'd love to be a nurse who works with kids."

Conestoga's Stratford campus offers continuous intake for the GED and academic upgrading programs.

For more information visit www.conestogac.on.ca/caa/pr eps/upgrading.jsp or call 519-271-5700, ext. 7227.

Conestoga professor recipient of financial planning honour

By BRENDAN DALEY

Have you ever felt the need to buy that do-it-all blender off a persuasive early-morning infomercial? Instead of spending all of your cash, maybe it's time to seek the guidance of a financial planner.

After all, Conestoga is home to many next-generation financial planners – and they are learning from the best.

Dave Kohler, a financial planning professor at Conestoga, is the recipient of the 2011 Fellow of FPSC distinction which is awarded by the Financial Planning Standards Council.

Introduced in August, the Fellow of FPSC distinction was awarded to 33 individuals across Canada.

According to the FPSC website, "The Fellow distinction is conferred to individuals who have helped advance FPSC's vision of seeing

Canadians improve their lives by engaging in financial planning."

According to Cary List, president and CEO of the FPSC, "The long-standing and sustained contributions of the people in this first-ever group of Fellow of FPSC recipients are exceptional.

Their contributions have made an important impact in helping to build this profession and advance financial planning."

In order to receive the Fellow of FPSC distinction, candidates must be nominated by two individuals, as well as meet the FPSC's criteria.

Kohler, who has been volunteering with the FPSC since their formative years in the mid-'90s, was initially nominated by an executive of the FPSC.

His second reference would come from a friend and fellow financial planner.

"Considering that there are

18,000 CFP professionals in Canada, I was absolutely thrilled and delighted to receive the honour," Kohler said.

Prior to Conestoga, Kohler worked in the financial services industry for 25 years while also teaching part-time at Wilfrid Laurier University.

Having always wanted to teach full-time, Kohler remained optimistic that the opportunity would arise. Finally, two years ago Kohler was hired as a full-time professor at Conestoga.

"I really enjoy the atmosphere of post-secondary education. I love the students and I enjoy interacting with them. I derive a lot of pleasure from working and helping others," Kohler said.

"To know that I have made a contribution to my industry, as well as to my clients and students that I have worked with over the years, is a great honour for me."



PHOTO BY BRENDAN DALEY

Professor Dave Kohler, recipient of the Fellow of FPSC distinction, assists student Dana Adam prior to an exam on Nov. 4.

Wash up or cough up

By DEVON SMITH

The trees are losing their leaves faster than ever and, for Conestoga students, the bare branches are accompanied not only by warm sweaters and hot chocolate, but by the dawning of cold and flu season.

And what an awful season it can be. Starting off with just a few cases, the infection can spread like wildfire through the student body. Indeed, through the students' bodies, to a point where it becomes a universal source of misery.

Year after year the school is overrun by sneezing, sniffing, coughing, walking Dayquil commercials.

Why does this happen? What is being done to prevent it? What can be done?

Are the students dirty? According to a recent study conducted by global hygiene company SCA and IPOBE Zogbe International, quite possibly yes.

The study found that 53 per cent of Canadian adults sometimes skip using soap when washing their hands and nearly a quarter of them don't wash their hands after coughing or sneezing.

It also found that more than half of Canadian adults don't wash their hands after handling money and less than 55 per cent wash their hands after activities such as going to the gym or using public transportation.

Given these numbers and the close quarters in which the students operate, it's no surprise they share illnesses like they share their Facebook statuses.

But any attempt to change the hygienic habits of the masses would surely be in vain.

So what else can be done? There are free annual flu clinics offered on campus to anyone who wants a shot. Shouldn't that temper the spread of sickness around Conestoga?

Also doubtful. Not only does the flu shot not protect students from the common cold or even some strains of the flu virus, but according to Conestoga's Health Services department, only 500 to 1,000 students even bothered getting the shot last year.

Even if they doubled that number this year, that would still only make up a measly two to four per cent of Conestoga's 48,000 full-time, part-time and apprenticeship students.

So what can be done about this unpleasant phenomenon? Get a flu shot and wash your hands!

The views herein represent the position of the newspaper, not necessarily the author

Letters are welcome

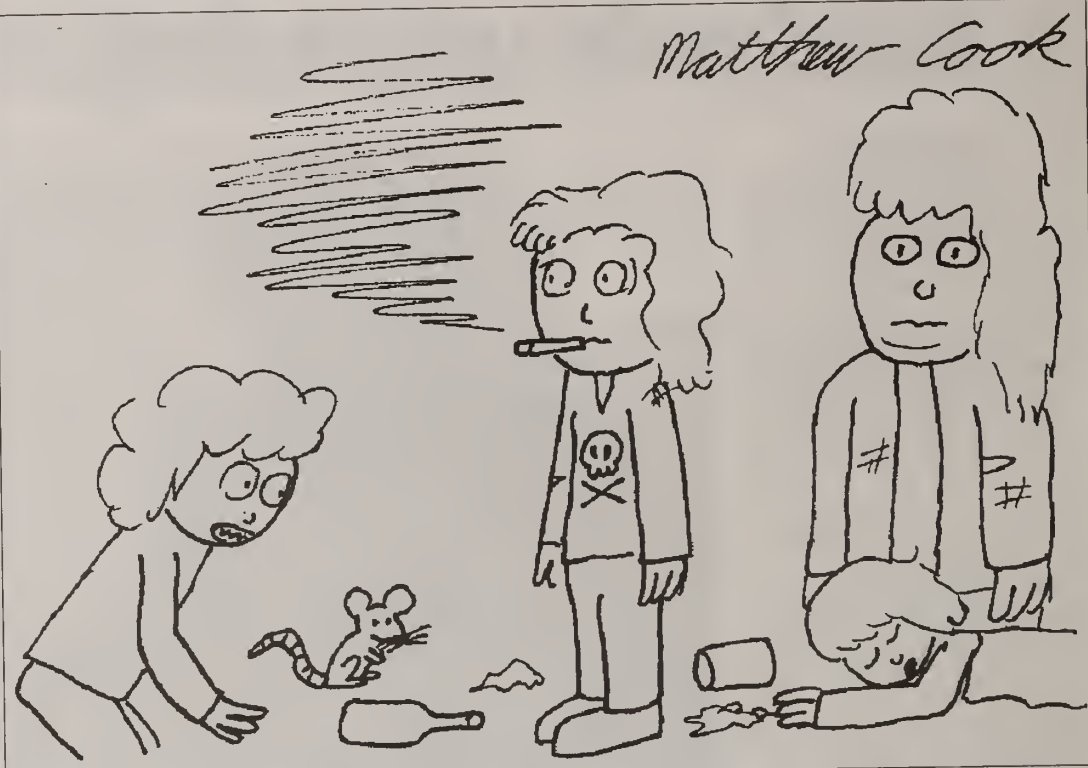
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Conestoga College officials mistake a CSI pub night for an 'Occupy Conestoga' demonstration.

Whistle (or hum) while you work

A week before Christmas last year, I scribbled out a card for my garbage collector, a gesture I thought was only fair given the fact that he's had to put up with my reeking garbage all year-long. When I made it out to the snow-covered curb, he was already there, rifling through my blue box propped against his side-sorting truck, separating the inky newspapers from the crusty soup cans. Before I could even make up my mind whether to wish him "Merry Christmas" or the politically correct "Happy holidays," he turned around, smiled and greeted me with a hearty, "Good morning!" The card suddenly seemed redundant, as this guy was already overflowing with Christmas cheer.

He is just one example of the rare workers in many different occupations I've had the pleasure of meeting who not only do their job well, but do it with an extra bit of cheer and courtesy, that always surprise and often inspire me.

It's often just a small



Elissa
Den Hoed
Opinion

thing that can turn an encounter from everyday to memorable. For example, there was the server at Conestoga's own on-campus Tim Hortons who paused to ask if I was right- or left-handed before snapping the lid onto my reusable mug. The waiter who served me at my godmother's birthday celebration at Cambridge's Langdon Hall who seemed to genuinely delight in my comfort and satisfaction. The jovial carnival ride operator who complimented me on my choice of nail polish (neon blue) as he helped me into a Tilt-A-Whirl car. The matronly McDonalds cashier, who, after serving me, wished me a good day and sounded like she truly meant it.

In my own part-time job, I've found that, even if it is one of those days, you can

actually cheer yourself up by making other people smile, and instantly make any job more meaningful. The "little things" have such a significant, lasting impact on both the giver and the receiver that a worldwide holiday known as Random Act of Kindness Day (which Waterloo Region celebrated on Nov. 4) has been implemented.

This day is a great way to remind us to integrate kindness into our busy lives, but should only be a starting point for small, kind deeds and thoughtful attitudes that last the rest of the year. As Julia A. Carney's classic poem goes, "Little deeds of kindness, little words of love, make our earth an Eden, like the heaven above."

This is especially important at work, which, through the repetitiveness of routine, can become a grind. Doing that extra little something is always worth it, for yourself and for the lives that you brighten.

Always remember to whistle (or hum) while you work.

SPOKE

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Christmas Wish Tree

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STUDENTS INC

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to the stress of fulfilling
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help to alleviate that stress.**

Drop by the CSI Office (Room 2A106)
and fill out a Wish Tree request.

It's easy, it's anonymous and it's
there to give you hope for a
brighter Christmas.

**Space is limited, sign up early
November 1 - November 30**

Creamed for a good cause

By REYHAN ENVER

Throwing a pie in someone's face while helping cancer research is a win-win situation.

This was the case for a group of students from an events planning and marketing class who held a fundraiser for prostate cancer research on Nov. 1.

The event was held in the Sanctuary with loud party music blasting and enthusiastic encouragement booming from microphone-wielding second-year marketing students Kye Allen and James Fioretti.

The fundraiser raised about \$450 and was held in conjunction with Movember.

Students could throw a pie at Allen or Fioretti for \$2. For \$4, pies could be thrown at marketing co-ordinator Steve Finlay or teacher Donna Jaggard. Tickets could also be purchased for a raffle consisting of gift cards to Tim Hortons, Sportchek and Future Shop.

"Combining whipped cream and faces is a wonderful combination," Fioretti said.

The event was entertaining

to watch even if you were not throwing the pies. The whipped cream flew off their faces and splattered everywhere like paint splashing onto a wall.

Allen said marketing students are not only completing the requirements for their course, they are bringing awareness to groups and charities that need more attention and donations. By making it fun for students to donate and/or giving them a reward, they're more prone to participate.

Students were a little skeptical of the pie throwing at first and took a while to come up and join in the fun. Those who didn't want to throw a pie headed over to the raffle table to try and win a prize, according to Allen.

Instead of asking for a large sum of money, asking for small change makes it possible for even students who don't have tons of extra money to donate.

More fundraising events from the events planning and marketing class, which have not yet been revealed, will be held throughout the month in conjunction with Movember.



PHOTOS BY REYHAN ENVER

Marketing students held a fundraiser for prostate cancer research on Nov. 1. Above left, Brent Palmer (left) and Danny Bruce, second-year marketing students, encourage students to enter a raffle for gift cards. Left, Cameron Morris was excited to throw a pie at marketing co-ordinator Steve Finlay. Above right, Kye Allen, a second-year marketing student, is hit in the face with one of many pies.



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Icewine,

not always
served

cold

By KAREN HAYNES

The single-lane winding road is autumn picturesque as it runs alongside and mimics the curves of the Niagara River. Both sides of the pavement are lined with trees beginning to cast away the summer season as speckles of red, orange and yellow decorate the vibrant green grass beneath each fallen leaf.

Every home becomes more magnificent than the last, set back from the road facing the colourful yet quiet views of nature, standing tall and wide as one might imagine an aged family estate would.

Despite the light raindrops that bounce off my windshield, I could drive this road for hours and not become restless or bored of the views. It is the perfect prelude to Niagara-on-the-Lake and the numerous wineries that are legendary in the Niagara Peninsula.

This breathtaking scene is in good company. Inniskillin, a world renowned winery, known for its internationally celebrated icewine, sits on Brae Burn Estate's 33 acres. Brae Burn, meaning hill and stream, is appropriately named after the Niagara Escarpment and Niagara River and is just five minutes from the historical town.

The Brae Burn Estate is an Inniskillin landmark. Originally built as a barn in 1920, the winery's grand boutique was renovated in 2007. Rustic meets contemporary as the simple cloudy grey ceramic floor lay beneath a maze of exposed wooden beams that interlock to the highest point in the boutique's vaulted ceilings. The original nails and bolts are nearly a century old and are surrounded by modern pendant lighting, steel furnishings and four bar tops

for visitors to taste the vineyard's prize-winning wine.

Inniskillin, like many wineries in the area, offers visitors an hour-long tour followed by a wine tasting, seven days a week. Five dollars will buy you an hour and a half with one of the vineyard's tour guides.

Marta Jovanovic is slight in stature, with blond shoulder-length hair pulled away from rosy cheeks. A friendly smile and exaggerated hand gestures keep you intrigued



PHOTOS BY KAREN HAYNES

Rows of vines line Inniskillin's vineyard in Niagara Region. Icewine grapes can only be harvested after winter temperatures drop below 8 C over three consecutive nights.

throughout her in-depth yet eloquent recount of the winery's history and evolution. Four years with Inniskillin has earned her vast knowledge of the winery and a skilfully crafted delivery as a tour guide.

Beginning in the Brae Burn Boutique, Jovanovic distributes black Inniskillin umbrellas to each woman in my tour group. We venture off into the damp drizzle to learn about Niagara's mineral-rich soil and cool climate that allows for the flourishing growth of vitis vinifera, a common grapevine that nurtures the grapes of Pinot Noir, Riesling and Vidal icewine.

Instantly I feel tiny as each row of never-ending vines, precisely straight and in-line with the next, blanket the landscape that surround the boutique like a lightweight woven area rug.

The cool breeze of autumn chills my skin as the scent of fresh wine saturates the air. With each inhaled breath comes the fragrant aroma of oaked, sweet and spicy wines. Decorating the red brick beneath our feet stands a pyramid of oversized wooden barrels, each top embellished with the golden Inniskillin trademark logo.

Jovanovic ushers the group to the bottom of the worn stone steps. Raindrops drip from the ledge above the door, landing softly on the head of each who entered the dimly lit room. She brings the group into the heart of the winery.

The cellar.

Through two heavy black wrought iron doors sleep the winery's best.

Wine bottles of all ages lay atop rustic red brick

shelves in quiet reverence to the vineyard's historic prominence on the world stage.

Jovanovic fluently articulates that in 1975 the Inniskillin founders, Karl Kaiser and Donald Ziraldo, received the first winery licence issued in Ontario since prohibition. Nine years later Kaiser took advantage of Canada's cold winter season and dared to harvest icewine – a first for both the winery and Niagara Region.

Her generous hand gestures emphasize this crucial moment for the winery. Inniskillin went on to partner with Riedel, the world's largest wine glass company, located in Austria, to make the universally recognized icewine glass and in 1991 won the Grand Prix d'Honneur, an international award for its 1989 Vidal icewine.

And so, inside the romantic, medieval-like cellar, lay the bottled wines in hushed silence.

Bringing the tour in full circle, Jovanovic leads the group back to the boutique for what I had been greatly anticipating.

The wine tasting. Leaning against one of the long white marble bar tops, the

four women of Jovanovic's 12:30 p.m. tour inspect, smell and swirl their first glass of wine.

A young Riesling from 2010 is such a faint pale yellow it is almost translucent. I follow Jovanovic's demonstration and fully engulf my nose in the light, spotless wine glass and the fresh fragrance of pear and citrus waft into my nostrils. She instructs that the first sip always cleanses your palate, and it isn't until the second one that you'll get the full flavour. She is correct. The second sip is much softer in taste with citrus flavours.

Our second glass is a Shiraz Cabernet from 2009. In its depth it is ruby red, however, its meniscus is a pale purple, signalling its similar youthful quality. The oaked red wine smells of red fruit and spice. The first sip leaves my mouth dry while the second is full of tasty, spicy, white peppercorn.

Finally, the infamous Vidal icewine is poured. It sits in Riedel's intended wine glass and is a perfect golden yellow. Its sugary smell is reminiscent of tropical flavours.

The wine rushes over our tongues to the back of our mouths and we savour the long-lasting sweet taste of fresh peaches and mangos. The group of women exchange smiles and spontaneously vote.

Inniskillin icewine was well worth the wait.



Stacked, wooden, embellished barrels line the path in front of Inniskillin's Brae Burn Boutique at the winery's Niagara vineyard on Oct. 19.

Niagara Region's wineries attract wine enthusiasts



Various wines, including icewine, is displayed inside Inniskillin's Brae Burn Boutique on Oct. 19.



Wine sits in oak barrels to earn their oaked status. Visitors walk through the cellar's black wrought iron doors to see wine bottles stacked on brick shelves.

Local musician strikes the right chord

By VANDA DOBRITOIU

When hearing the name Alysha Brillinger, one can only think bold, charismatic, musically talented and full of life.

At only 22, Brillinger is taking the world by storm, and while the music industry is hard to break into, she does it flawlessly, with a smile and a tea to go!

Born and raised in Toronto, Brillinger moved to Kitchener at the age of 14 where she shortly after began singing in blues bands and at festivals. She started writing songs at 15.

"I've always known I wanted to sing. I remember being three years old and watching Aladdin, and knowing I wanted to be Jasmine, just because she sings," said the famous singer, while strolling down memory lane.

After high school, she studied jazz at Humber College for half a semester. Deciding it was not for her, Brillinger focused her attention on making music and as a result, at 19, she released her first single called Lifted. She has also written songs with Tony Kanal from No Doubt and Jason Reeves. Furthering her success, one of her songs was played on Degraasi during one of their episodes.

Brillinger's style and sound is not something you encounter every day, which only makes it that much more special.

Coming from a mixed background (her father is from Tanzania and her mother is from Orangeville), she balances the musical differences gracefully, giving birth to a unique sound. "My style is very throwback. I would compare it to Amy Winehouse's music. I take a lot from older music and would say that it's more old school meets funky reggae," said Brillinger.

"Alysha Brillinger has such a unique sound to her voice,"



PHOTO BY VANDA DOBRITOIU

Bold, charismatic, musical and full of life are the words that come to mind when describing Alysha Brillinger.

says Vanessa Cardoso, a University of Waterloo student who attends Little Bean, where Brillinger plays. "You can tell that she writes her own lyrics because of the emotion that comes across when she sings them – her music just makes you smile. I love that she has this sort of folksy, classic sound too. She's just real – you know? It's her ability that makes her music good instead of special effects."

Brillinger was working in a vegan café in Kitchener, mostly singing and songwriting, when Chris Taylor, a music manager from New York, heard her music and called her up. She is currently signed with Lava/Universal Republic and is working on her second album.

Brillinger plays numerous local shows, including at The Little Bean in downtown Kitchener every Sunday night and the Reservoir Lounge in Toronto every Thursday night. She has also performed as far away as New York and Los Angeles.

"My musical inspirations are Ella Fitzgerald, for the joy

in her voice, Bonnie Raitt, because she plays guitar and mixes blues with contemporary music and lastly my dad, because he introduced me to music," said Brillinger.

"When my music video for Better Soon came out, my friend was going through a really tough time because of his newly-discovered cancer and he told me that my song was the anthem for his recovery. It's something very rewarding to hear. It's something I'm really proud of," said Brillinger.

As a huge success in the local music scene, Brillinger is thinking ahead in the future. "Five years from now, I wish to be in John Mayer's arms," the artist said jokingly, "No, but seriously, I hope to be living in New York or Los Angeles, touring, songwriting and travelling the world. I also hope to work with Mark Ronson, who produced Amy Winehouse's records."

For more information on Brillinger, visit www.alysha-brillinger.com or www.facebook.com/alyshabrillinger. You can listen to her songs at www.youtube.com/xoxalysha xox.

A stranger arrives to save the day

Breaking down in intersection was a scary experience

Your car breaks down in the middle of the busy intersection. You are trapped. Cars continue to race by, the drivers honking their displeasure, when suddenly one person comes out of nowhere to save the day.

In my case, I remember a chilly fall afternoon when a stranger took the time to help me.

On a recent breezy sunny afternoon I was heading out with one of my good friends, driving down Highland Hills Road, right across the street from Angel's Diner, when our truck suddenly stalled as we were trying to turn. It was a very frightening incident and we didn't know what to do.

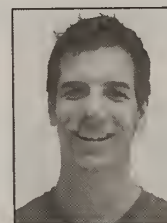
We had to turn off the truck in the middle of the busy intersection while heavy traffic raced by. This caused a stir, with many people honking their horns and a few people using the middle finger.

My friend instructed me to try to push the truck when the light changed to green, but first I had to angle the truck.

I pushed and successfully angled it but then the light changed. Cars started flying by me and I had to race back into the truck.

We waited patiently for the light to turn green again, and then the rush was on once more. I quickly ran out to push the truck through the light.

I was struggling to push it by myself while my friend steered. I started to lose faith that we could get ourselves out of this situation. Out of



Jeff Bomben
Opinion

nowhere, a stranger decided to pull into a nearby parking lot and came over to assist us. He was a middle-aged man who was wearing a tracksuit, and with his help, we were able to move the truck through the busy intersection without anyone getting harmed.

After the man and I moved the truck into a small parking lot, he wanted to help fix the problem with the vehicle. So we opened up the hood and he determined the trouble within a few minutes. He indicated the truck needed oil, so he went back to his car to get some.

Once he put a little bit of oil in it, I started the truck and it ran like new.

We thanked the stranger and offered to buy him something from Tim Hortons. His response was that he was just in the right place at the right time and he did not need any gifts for being a "good person."

I never got the name of this person and since that day, I have always wondered who he was.

I had never seen the man before and I have not seen him since.

What you should ask yourself is, would you be one of the people who honked or would you get out to help a stranger.

Prepare now for that career after college

By ANDREW SOULSBY

We spend several years at college studying for exams and mid-terms, sacrificing our social lives in the process. We do this for that one piece of paper that says "We did it! We made it through alive!" But what next?

If this is a question that keeps you up at night, look no further than Conestoga's Co-op and Career Services for

help. Career Services, which is managed by Lori Shadrach, aims to help students with everything related to finding a job after their program finishes. This includes resume and cover letter critiques to mock interviews and workshops.

In fact, last week at Doon campus, Career Services held its annual Canada Career Week to promote a series of workshops aimed toward helping students with obtaining

jobs in their chosen profession. In order for students to attend these workshops, they were required to sign up on Conestoga's MyCareer website.

MyCareer can be accessed through the student portal section of the Conestoga website under the Services tab. The site itself contains a plethora of resources students can use, such as job postings, career events and career direction information.

Interested in studying or working abroad? By clicking the Career Directions tab under the Career heading, all the information you need to prepare for learning and earning abroad is at your fingertips.

Craig Black, Conestoga's Co-op & Career Services marketing and events co-ordinator, said students often wait to plan and prepare for life after college at the last minute, leading to a frenzied dash to

make professional resumes and cover letters and, in some instances, building a portfolio that showcases the work they've accumulated over the duration of their program.

Can't find what you're looking for on the website? You can contact Career Services and Advising at 519-748-5220, ext. 2298 for more information and individual appointments, or email them at cspry@conestogac.on.ca.

Random Act Of Kindness Day pays it forward

By RACHEL HENRY

The Kindness Krew is coming for you.

On Nov. 4 Random Act of Kindness Day swept Waterloo Region, bringing with it simple and fun ways to "pay it forward."

Random Act of Kindness Day (RAK Day) was started by The Kitchener and Waterloo Community Foundation (KWCF) in 2008, in an effort to reinforce KWCF's goals of building a better community. The initiative welcomed individuals, businesses, clubs, schools and churches to get involved and celebrate with the help of Captain Kindness and the Kindness Krews, organized groups that encourage thoughtful acts throughout the community.

Four years ago Conestoga Student Life programmer and Respect Committee leader Ryan Connell jumped on board the committee, making Conestoga the first post-secondary institution to become involved in Random Act of Kindness Day. Connell said although the first year was low-key, the response was huge.

"I think the best part is it's such a surprise," Connell said. "Everyone's so busy and stressed right now, but they're greeted with free popcorn and cotton candy."

The RAK Day kickoff was held in the morning at Conestoga Mall, with guest speakers Quarry Integrated Communications CEO Alan Quarry, MP Peter Braid, Kitchener Mayor Carl Zehr and Waterloo Mayor Brenda Halloran, to name a few. A flash mob was the grand finale to the kickoff, but was the perfect way to start the day.

Festivities were in full swing at Waterloo and Cambridge campuses, and Student Life also partnered with the Guelph Community Foundation to bring the fun to Guelph campus students.

At the Doon campus over 50 Respect reps ran booths handing out popcorn, hot chocolate, cotton candy and stations with colouring pages, origami and thank you cards, all for free. There were also surprise deals at the cafeteria, library and bookstore.

"Colouring was one of those things that I didn't think would go over very well," Connell said. "But people got really excited over it. Even mature students got involved. I remember seeing a 40-year-old man just colouring away."

Individuals could pick up cards from the KWCF or Respect reps, then when they performed a random act of kindness they gave the card to the recipient and told them to pay it forward. The cards travelled from person to per-



PHOTO BY RACHEL HENRY

Respect Committee leader Ryan Connell and other volunteers brightened students day on Nov. 4, during Random Act of Kindness Day.

son, with cards in the past getting as far as B.C. and Florida.

"People may think this is a little fluffy but initiatives like this build communities," Connell said. "There's incredible purpose, and it helps make people feel like they belong."

There's no doubt that RAK Day is bringing the warm fuzzies, but not in a bad way.

"A lot of people are eager to

get involved," Student Life representative Caitlin Chapman said. "And it's nice to see so many smiling faces."

Among those beaming were young children, who were also enthusiastic to perform good deeds. Marilena Benak, mentorship program co-ordinator at YMCA of Kitchener-Waterloo, said she joined Random Act of Kindness Day in 2009 and her most valuable experience was with her

daughter, who was five at the time.

"Without having a full understanding of this amazing initiative she collected all the lollipops from the sweets drawer and shared them with her friends at the dancing club," Benak said.

"It was just heart-warming when I asked her the reason why she did this. She said, 'Mommy, I just learn from you how to be kind.'"

Bake sale helps fund the United Way

By ASHLEY WELFORD-COSTELLOE

If there's anything that will raise a lot of money for a cause, it's a couple of tables piled with cupcakes, cookies and a variety of treats. On Nov. 3, the Conestoga residence held a bake sale to raise money for the United Way. The event couldn't have been more successful.

"Honestly, I wasn't expecting so many people to come," said



Laura Robinson, residence life manager. "I wasn't expecting so many people to bring food. I kind of thought it would be

like a bunch of cupcakes I made but then the whole management team and students brought some. So we had a lot more food than I thought we were going to have."

There was so much food left over that another bake sale was held at 2 a.m. in the hope that people coming back from their night out would contribute.

The combined bake sales raised \$310.

SHE'S NOT SQUEAMISH



PHOTO BY TIFFANY WILSON

Katie Culumovic had no problem working with pig lungs while in class at the college. The first-year respiratory therapist student is shown holding the lungs that are being ventilated using a respiratory machine on Nov. 4.



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U-pass creates controversy

By ERIC MCKENZIE

Controversy surrounds the route Conestoga Students Inc. (CSI) is proposing to drive down regarding a U-pass.

At a CSI meeting on Oct. 19, a U-pass was discussed which, if put into place, would see all Conestoga students charged \$50 to \$100 a semester to use Grand River Transit (GRT) buses.

In a recent poll Conestoga students were asked if they would be in favour of having student ID cards changed into universal GRT bus passes. About half of the students asked said they would be for the change. The other half opposed the idea, saying it could be a financial burden to the students, and there would be an inability to opt-out for those who do not use the transit system.

"The cost passed on to students who walk, bike or drive is unfair," said Jessie Holm, a second-year broadcast journalism student.

Even though Cody May, a second-year broadcast journalism student, already pays \$204 for a four-month bus pass from GRT, he said he would oppose the U-pass.

"I'm thinking of the community as a whole and I don't want my actions to affect other students who don't use it."

Shelby Reyn, a second-year broadcast student, said in the past year and a half she has only taken the bus once and thinks the U-pass would be an unnecessary additional cost.

"It makes sense, but not for me."

In Waterloo a referendum was held in 2005 at both Wilfrid Laurier University and the University of Waterloo that resulted in both schools adopting a U-pass for their WatCards and OneCards.

Laurier students pay \$54 a term for their pass and U of W students pay about \$100 a term.

Chris Casciato, a first-year broadcast television student at

Conestoga, said although he drives to school and does not use buses he wouldn't mind paying \$50 to \$100 a term for access to public transit.

"I would have the pass for an emergency, at the very least," he said.

Kyle Sterling, a second-year broadcast television student, drives to school but said "I wouldn't mind having the pass for trips to the bar. Cabs can get really expensive."

Another second-year broadcast student who also drives to school and pays for parking, Malcom Scott, said he would be in favour of the U-pass for Conestoga. Scott said when he lived in residence a bus pass would have been ideal.

"At times I felt helpless," he said.

For current students the change may not come into effect until after they graduate. Despite this, third-year business management student Adam Sawicki wants the best for future students.



PHOTO BY ERIC MCKENZIE

Conestoga students pay \$204 currently for a four-month bus pass. The U-pass discussed at a Conestoga Students Inc. meeting could make the pass \$50 to \$100 a semester.

"I wish CSI would have done this three years ago," he said.

GRT is undergoing a major expansion, with more employees being hired and buses being added every year. This will likely result in improved

service in and around Conestoga. However, a potential U-pass remains a controversial issue for CSI as it will impact prospective students and how they decide to get to school.

I'm ready for hibernation

Sunsets are beautiful. The pink, orange and purple colours light up the sky as the sun falls behind the horizon. It's one of the most romantic scenes that you can imagine, however, I would rather sit after dinner and watch the sunset then before.

Because of daylight time, the clocks turn back an hour in November. Some people would argue that you get that extra hour of sleep, but that also means winter is coming, which also means it is dark by 6 p.m., colder and each day is gloomier than the last.

The winter season drags on and on until March. For four long months, we wake up, go to school and come home just in time to watch the sun set.

According to an article in the Huffington Post on healthy living and sleep, Seasonal Affective Disorder (SAD) typically starts in late autumn and continues through winter. It includes an increased appetite, increased daytime sleepiness and decreased energy in the afternoon, loss of interest in work, unhappiness and lethargy.

All of these symptoms are in relation to the time change and the winter season. If daylight time didn't occur, the sun would be out longer, thus reversing all the symptoms stated above and



Jazlyn Slack
Opinion

possibly making winter a little more tolerable.

But forget the weariness, the lack of sunlight and drawn out days, and remember your hats, coats, mittens, boots and warm fuzzy socks because these days, you'll freeze if you don't acquire not one but all of these necessities for winter.

If hibernating was an option, I'm sure it would be strongly considered by a lot of people.

A decent winter coat is a good chunk of money, and trying to find reasonably priced boots that actually keep your feet dry while trudging through the snow is almost like trying to find water in the desert. Unless you want to look like a lumberjack and strut your stuff in those big work boots, then you can look forward to hav-

ing wet feet for the next four months.

Mittens are a must, and winter hats may keep your head warm, but what happens when you get to school and you pull your hat off? Behold the glory of hat hair. Your hair sticks to your face thanks to static electricity. It sticks up in any and all directions, and no matter how hard you try, it never does what you want it to. You are then required to put your hat back on covering the mess and sweating until you step back out and confront the cold.

Winter is fun, don't get me wrong. Christmas is during winter, and you can make snowmen and snow angels, have snowball fights and roll the town's largest snowball. But none of this is possible unless every snowfall brings packing snow which makes sculpting possible.

You can't do anything with wet snow that quickly turns into slush, and you can't do anything with the fluffy, yet pretty, stuff.

Unfortunately, we don't have a choice in which type we get.

Winter is one season that is almost impossible to get through.

If hibernating was an option, I'm sure it would be strongly considered by a lot of people.

LEARNING HOW TO PROTECT ONESELF



PHOTO BY JAZLYN SLACK

Instructors Sean McDonald and Sarah McDougall demonstrate how to create space when you're being attacked at a women's self-defence class in the multi-purpose room at the rec centre on Nov. 7.



HOROSCOPE

Week of Nov. 14, 2011



Aries
March 21 -
April 19

Sometimes being a friend means doing something that will only cause you pain but lift the spirits of another; you'll learn that this week.



Libra
September 23 -
October 22

Sometimes all it takes is for one person to shake your world for you to finally see all the beauty that you couldn't see before.



Taurus
April 20 - May 20

Sometimes love can seem like a battlefield, be brave and maybe you'll end up victorious this week.



Scorpio
October 23 -
November 21

Confused? Get used to it; nothing will make sense to you this week; only in retrospective will you finally be able to see clearly.



Gemini
May 21 - June 21

If you chase two bunny rabbits, you'll never catch either of them; but if you chase one you'll be sure to get it.



Sagittarius
November 22 -
December 21

For two people to fall in love one of them needs to have child-like wonder and passion; you're going to have to be that person this week in order to be loved.



Cancer
June 22 - July 22

Dreams may be coming true for you this week, be wary though that those dreams aren't, in fact, nightmares.



Capricorn
December 22 -
January 19

Don't look back in anger at things in the past; just keep on moving forward this week and something will make you smile like never before.



Leo
July 23 - August 22

Enjoy your youth, there's only so long you can do child-ish things without people caring; do something child-ish this week and you won't regret it.



Aquarius
January 20 -
February 18

Laughing at your own mistakes will make you live longer, laughing at others' mistakes will only decrease your life. Try and understand that this week.



Virgo
August 23 -
September 22

All good things must come to an end, and something will end for you this week. Embrace the change and try to see the positives in starting something new.



Pisces
February 19 -
March 20

It's always darkest before the dawn; this week will test you; but it will only make you stronger in the end and lead you to brighter pastures.



James Witczak is the resident astrologist who gazed into the abyss and saw it gazing back at him, causing the universe to unfold before him.

Taste the world at Vincenzo's



By BEN STODDARD

From Magma hot sauce to hundreds of cheese varieties, Vincenzo's has it all.

The independent grocery store, at 150 Caroline St. S. in Waterloo, focuses primarily on imported foods and hard to find items. It is also known for competitive prices and its sandwiches.

The store first opened in 1967 as Italian Canadian Foods in the home of Vincenzo and Rita Caccioppoli. The store is currently owned and operated by Vincenzo's sons, Tony and Carmine, who renamed the store Vincenzo's after they took over in 1992.

"We just opened our current location last year," Tony Caccioppoli said. The store remained in Vincenzo's home until 1992 when it moved to Belmont in Kitchener. "When the store started, it was mostly just Italian customers; barely a word of English was spoken in the store. Now we get pretty much everyone."

The second you step inside, you are greeted by foreign music on the radio. The first thing you see is their assorted chocolates, at least half of which is imported. There are kitchen gadgets to the left and Asian sauces to the right. The store is crowded with racks of food and small aisles, but it's cleanly organized and there's still enough room to move around.

Customers are never more than six metres away from one of Vincenzo's fresh food counters. They have pizza, pasta, lasagna, meat and everything you can find in a regular grocery store. They also have an ice cream bar near their frozen food section, which includes all the regular flavours as well as pineapple, hazelnut and pumpkin pie.

"Our most popular items are our prepared foods, especially our sandwiches," Caccioppoli said. "We have over 700 kinds of cheeses. We get even more around the holidays - especially Swiss cheeses. We try to get every kind of cheese available. Some is locally made and some is from the other side of the world. We also have 150 kinds of olive oil."

For snacks, they have everything from common chips and nuts to rare items you wouldn't think to look for. There are maple roasted soybeans, cinnamon popcorn, and even candied salmon. They have a wide variety of spreads,

including hazelnut and vanilla spread, plenty of imported jams and a large variety of mustards - even green mustard.

There are racks full of couscous and other forms of rice. There is also a large variety of pasta in every shape, brand and even colour. Some of their pasta is even striped with five colours on each ribbon. There is lots of pasta sauce available as well, much of it imported from Italy.

Customers can also browse a rack full of barbecue and hot sauces. The hot sauces range from "Pappy's sauce for

babies" to "Mega Death Sauce" and "Jerry's Brain Damage Mind Blowing hot sauce." Another sauce called "Magma hot sauce" is clear with red liquids that flow around when you shake the bottle. Unique salts and spices include oak-smoked sea salt, habanero blend and green peppercorn.

Vincenzo's is open 9 a.m. to 8 p.m. on weekdays and 8 a.m. to 6 p.m. on Saturdays, but it's closed on Sundays. To find out more about the store's history or read their prepared food menu, visit www.vincenzosonline.com.



THE BAD BOYS ARE BACK!

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